



IF YOU'RE READY TO...

Quit Smoking *now!*



The program was designed by an ex-smoker, and is led by a trained facilitator, who will guide you through the many issues related to quitting smoking, including:

- **Coping with anger**, sleep problems, and cravings, which are common for those who quit smoking
- **Managing stress**
- **How physical activity and healthy food choices** can make quitting smoking easier
- **How to prevent relapse** (taking up smoking again)
- What to do when you have **friends and family who smoke** around you
- **Identifying and controlling your smoking/tobacco "triggers"**

WHAT: **FREE Tobacco Cessation Program**

WHERE: Daytona State College, Daytona Campus

Bldg. 310 (L. Gale Lemerand Center), Rm 106

WHEN: 6 weekly sessions starting January 11, 2012

TIME: 6 p.m. (Wednesday)

Space is Limited so **REGISTER NOW!**

1-877- 784-8486

